



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ANDY PERSONS

## PERSONAL TRAINER

SUPERIOR DOUGLAS COUNTY FAMILY YMCA

### Qualifications:

**1 year NETA Certified Personal Trainer  
WI Licensed School Health Educator K-12  
WI Licensed Coach  
WI/MN Licensed Physical Therapist Assistant**

### Specialties:

**Strength and Resistance Training, Rehabilitation and Injury prevention, Athletic/Sports Conditioning, Youth Strength and Fitness.**

### BIO:

I have worked in the health industry since 1996. After high school and college football I took up coaching and teaching. I ran the off-season conditioning programs for football and worked at the YMCA as a trainer/attendant. When my kids were old enough I coached their soccer teams through the YMCA and also coached in the Superior Youth Football League for many years. Also, I coached many years at the varsity level in Duluth and Superior. Currently, I work in a very rewarding job as a Physical Therapist Assistant at St. Luke's.

